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Alexandre Despatie continues his comeback from a diving accident when he competes in the three-metre springboard final. Watch him Tuesday at 11:55 a.m. on CTV.

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SHATTERED DREAMS

Canadian forward Sophie Schmidt, front, reacts after losing 4-3 in extra time to the United States on Monday in the women's soccer semifinal at the Olympic Games at Old Trafford in Manchester, England. For more on the loss, see page 25. MIKE RIDEWOOD/CANADIAN OLYMPIC COMMITTEE/THE CANADIAN PRESS

No payout for AHS executive

Probe. 'Arm's length audit' to give Albertans answers after more than \$300K in expenses racked up: Minister



JEREMY NOLA

jeremy.nola@metronews.ca

Severance pay will not be offered to a former provincial health executive who piled up nearly \$350,000 in expenses during three years of work with the Capital Health Region.

Allaudin Merali, who had only recently been appointed the chief financial officer for Alberta Health Services, resigned last week after released documents revealed he was reimbursed for everything from grocery bills to opera tickets.

Along with deciding against severance for Merali, AHS has also been directed by Health Minister Fred

Horne to appoint an independent firm to conduct a full audit of Merali's expenses and procedures for such claims in general.

"The goal of this is to get all of this information on the table. Nothing gets swept under the carpet," Horne said during a phone interview on Monday. "Then we can deal with it appropriately to ensure nothing like this happens again."

But Wildrose Leader Danielle Smith said Horne is doing some "last-minute butt-covering," noting his name was on one \$220 dinner bill filed by Merali as an expense.

"He's absolutely not the right person to be leading this investigation," Smith said. "He's been implicated in it."

Horne said AHS developed more stringent policies for expenses shortly after the provincial body was created in 2008, but added he is open to further improvements.



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Charges pending. Driver killed in crash with stolen vehicle fleeing police

Police say a 52-year-old man is dead after the SUV he was driving was hit by a man driving a stolen Jeep Cherokee early Monday.

At 5:50 a.m., patrol officers noticed the stolen vehicle on 118 Avenue near 156 Street.

"We initiated a vehicle stop, at which time (the driver) decided to continue driving at an erratic pace," said Edmonton Police Service Insp. Dean Hilton.

A criminal flight response ended after about 20 seconds due to safety reasons, said Hilton, noting the decision was made to embark on the chase because Air-1 wasn't available.

But the driver didn't slow down, crashing into an SUV at 100 Avenue and 156 Street minutes later, said Hilton.

The SUV wound up on its roof, and the driver was ejected and killed. The driver of the stolen vehicle was located outside of his vehicle, and taken to hospital with non-life-threatening injuries.

"Our hopes are if we do terminate (the chase) that the (person) being followed will hopefully slow down and stop," said Hilton. "In this case, the individual continued to drive at an erratic pace and it resulted in the worst-case scenario."

"And now a family has to grieve the loss."

Charges are pending against the 24-year-old driver of the jeep, said Hilton.

HEATHER MCINTYRE/METRO



For more local news, go to metronews.ca



Avoiding their \$3 fare is what between 3.5 per cent and four per cent of Edmonton Transit riders are caught doing each month — despite a potential \$250 fine.

METRO FILE

Fine hike not deterring free rides: Edmonton Transit

One year later.
Same number of riders, on average, caught monthly for fare evasion



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Despite a steeper fine for fare evasion, transit officials are seeing the same amount of people trying to ride for free.

Fines for transit offences increased Aug. 1, 2011, including to \$250 from \$110 for fare evasion.

One year later, the monthly average of between

3.5 per cent and four per cent of riders not paying hasn't changed.

"It's consistent within the city of Edmonton," said Graeme McElheran, senior communications advisor for transportation services. "And it's the same degree of evasion that we experienced prior to the fines going up."

"Why anybody would choose to (not pay), it's a matter of speculation. The only thing we know is it remains constant."

Measures to combat fare cheaters previously discussed include turnstiles, which were deemed too expensive.

A smart card and fare system is on the table, and while that may help, Coun.

Pay up

- The increase affected 33 offences — including eating, putting feet on the seats, swearing and littering — bumping most to \$250 from \$50 and \$110.
- Prior to city council voting to boost the fines, they hadn't been adjusted since 1998.
- At the time, transit officials said the changes would bring in \$750,000 annually.

Ben Henderson said it comes down to enforcement.

"I have to assume that diligence from our end will probably increase compliance," he said.

An additional 10 peace officers began patrolling transit last summer, bringing the city's total to 61, said McElheran, adding about 21,000 checks are done each month.

ETS fare increased to \$3 on Feb. 1.

"We keep the fares as low as possible so we can have as many people as possible still using the system," said McElheran. "(But) I think it's pretty clear that transit costs money."

Follow Heather McIntyre on Twitter @Metro_Mac



Mobile news



Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the world record in pole vaulting for his age group.

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Edmonton police attend the scene of a suspicious death Monday morning in the city's southeast. Friends have identified Mike Motiuk, inset, as the 22-year-old who died.

HEATHER MCINTYRE/METRO; INSET: FACEBOOK.COM

Man, 22, dead after alleged brawl

Mill Woods. People reported to be yelling, fighting outside: Police



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Multiple knives, including a machete-style blade, could be seen Monday morning in the area around a Mill Woods townhouse complex,

Suspicious death

- The death is currently considered suspicious. If deemed a homicide, it will be the city's 17th of the year.
- The cause of death has not been released, pending an autopsy scheduled for early this week.

where a 22-year-old man was found fatally wounded.

Edmonton Police Service Insp. Dean Hilton said multiple calls came in at 4:48 a.m. about a disturbance at Torbay Point on Mill Woods

Road East near 16A Avenue. "When members arrived, they found a few people around a 22-year-old male who was suffering from some injuries," said Hilton. "He was treated by EMS, at

which time they transported him to hospital. As a result of those injuries, he has died."

Complex resident Carly Bowthorpe awoke around 3:30 a.m. to a commotion outside, and then again around 5 a.m. as police arrived.

It was then that she saw emergency workers tending to a man lying on the grass across the street.

"(His) friend was saying, 'Please help my friend, he's

dying,'" she said. "And then there was another guy on our side of the street and he was just hysterical, running back and forth saying, 'My friend is dead, my friend is dead.'"

Friends have identified Mike Motiuk as the man who died, and have set up a Facebook page for posting messages and memories.

Follow Heather McIntyre on
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Edmonton Heritage Fest

Food, dance bring locals out to park

The heat wave became an eat wave this past weekend down in Hawrelak Park for the annual Edmonton Heritage Festival, as Edmontonians devoured different kinds of meat on a stick, among other tasty treats.

Spectators were also treated to performances by local cultural dance troupes and musicians.

"I love it because everybody comes together and it's such a family thing.... The kids are involved. Everybody's happy and smiling," said Allison Lloyd.

Patrons of the festival had a chance to sample cultural food favourites as well as learn a little bit about an unfamiliar country, its customs, and its inhabitants.

German Obando, one of the food vendors at the Ecuador tent, keeps coming back year after year to volunteer for the festival.

"It's been really busy. We sold out yesterday, so we're doing really well. We've been doing this for a long time," said Obando.

When asked what his favourite part of the festival is, Obando doesn't hesitate.

"The dancing," he said. "And the food, of course."

ASPEN ZETTEL/FOR METRO



Alexandra Ramos and Taylor Carreiro taste some watermelon Monday. ASPEN ZETTEL/FOR METRO

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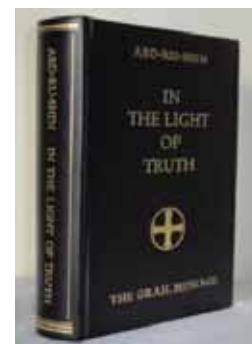
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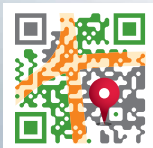
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Shooting suspect was white supremacist: Rights group

Tragedy. Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

The gunman who killed six people at a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998

Quoted

"To see our community go through something like this is numbing."

Gurpreet Kaur, 24

and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

THE ASSOCIATED PRESS



People console each other on Monday near the Sikh Temple of Wisconsin where the day before a gunman fired upon people at service in Oak Creek, Wis.

Inset: Wade Michael Page. MAIN: DARREN HAUCK/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS

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CSIS weighs torture issues

Top secret. Previously unheard of committee decides what to do with questionable information

A secret high-level committee at Canada's spy agency is tasked with deciding whether information received from abroad is tainted by torture, declassified records show.

Internal Canadian Security Intelligence Service memos reveal the key role that the recently formed Information Sharing Evaluation Committee plays in determining if the spy agency makes use of the suspect material.

The committee — whose existence was previously unknown outside the intelligence service — also helps CSIS decide whether to send information to foreign agencies in cases where it might lead to mistreatment.

Detailed instructions direct committee members to comb through databases, consult human rights reports and weigh the particular circumstances of each case to arrive at a decision.

Ultimately, CSIS director Dick Fadden makes the final

Help torture thrive?

Opposition MPs and civil liberties advocates condemned the directive, saying it would help torture flourish in grim prison cells around the world.

- Amnesty International Canada said the policy was in direct contravention of Canada's international obligations to prevent brutalization of prisoners.

call when the committee decides information is likely derived from torture, or if sending Canadian material to an allied agency could result in someone being abused.

The instructions issued by Michel Coulombe, CSIS deputy director of operations, put flesh on the bones of a July 2011 directive on information handling to the spy service from Public Safety Minister Vic Toews.

The government directive outlined conditions for deciding whether to share information when there is a "substantial risk" that doing so might result in someone in custody being abused. **THE CANADIAN PRESS**

Syria. More signs regime 'crumbling' as PM defects

Syria's prime minister defected on Monday, evidence that the widening cracks in President Bashar's Assad's regime have reached the highest echelons of government.

Riad Hijab — who planned the break for months, according to an aide — is the highest-level political figure to switch sides and is certain to encourage rebels after a string of military and diplomatic figures abandoned the regime. A Jordanian official and a rebel spokesman said he fled to Jordan. A senior U.S. official said the defection is more evidence that the Assad regime "is crumbling".

THE ASSOCIATED PRESS

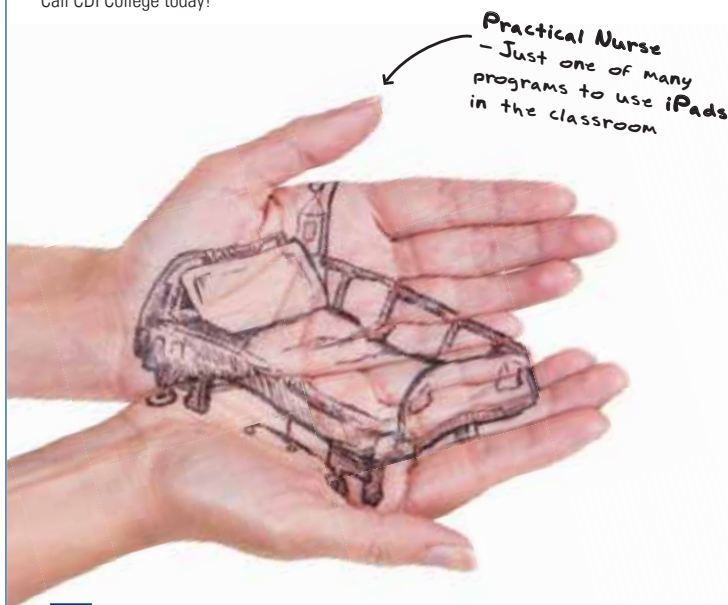
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"The prime minister defected from the regime of killing, maiming and terrorism. He considers himself a soldier in the revolution."

Mohammad Otari, Riad Hijab's spokesman

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'This is serious,' Japan's nuke-plant chief says on video

Heavily edited. 150 hours of footage has workers' faces obscured and beeps masking voices and other sounds

The command centre at Japan's stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, "This is serious! This is serious!" videos taken during last year's crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

The videos, seen Monday, are mainly of teleconferences between company headquarters in Tokyo and staff at the Fukushima Dai-ichi nuclear plant after the March 11,



Fukushima Dai-ichi nuclear complex in northeastern Japan. TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS FILE

2011, tsunami critically damaged its reactors.

In the videos, then-plant chief Masao Yoshida can be heard complaining about phone calls to the prime minister's office not get-

ting through and expressing frustration over interference from government nuclear-safety officials whose technical advice didn't fit conditions at the stricken plant.

The footage reveals communication problems between the plant and the government as well as workers' lack of knowledge of emergency procedures and delays in informing outsiders about the risks of leaking radiation.

Just after the Unit 3 explosion, plant officials and TEPCO executives discussed extensively whether to call it a hydrogen explosion. The videos also showed they failed to notify officials outside TEPCO and residents about the March 14 meltdown at another unit, No. 2, or even provide data crucial for evacuation.

TEPCO made a 90-minute video of selected clips available for download.

THE ASSOCIATED PRESS



A-bomb victims remembered

People burn incense and pray in front of a monument for atomic-bomb victims at Japan's Hiroshima Peace Memorial Park on Monday in Hiroshima. Japan marked the 67th anniversary of the atomic bomb that was dropped on Hiroshima by the United States on Aug. 6, 1945. About 70,000 people were killed instantly, and in subsequent years many thousands more died from the effects of radiation.

BUDDHIKA WEERASINGHE/GETTY IMAGES

Extreme rivalry

Diplomat faces murder charge

Kenyan authorities on Monday charged Dwight Sagaray, the first secretary of Venezuela's embassy, with the murder of Olga Fonseca, the acting ambassador to Kenya, who was found strangled the night between July 26 and 27, in what police believe was a killing motivated by a battle over embassy leadership. Also charged was Mohamed Ahmed Mohamed Hassan, Sagaray's friend and an alleged co-conspirator, who has gone into hiding.

THE ASSOCIATED PRESS

New Zealand

Volcano erupts, flights cancelled

A volcano erupted on New Zealand's North Island, Monday, spreading a layer of thick ash for several kilometres and causing some nearby residents to evacuate their homes. Some domestic flights were cancelled. The eruption of ash and rocks lasted about 30 minutes.

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Gay couple hosts wedding bash in traditional Malaysia

Breaking boundaries. Couple risks the ire of a government that's declared homosexuality has no place in society

A gay pastor who married his musical producer boyfriend in New York last year has fulfilled a vow to hold a wedding banquet in his native Malaysia in what they believe is the first such event in the Muslim-majority country.

Malaysian-born Ngeo Boon Lin and African-American husband Phineas Newborn III, quietly held the closed reception Saturday — complete with public kisses and karaoke ballad performances — with about 200 guests, including a handful of Chinese-language journalists who were asked not to report on the event until afterward.

The couple risked the ire of a government that has banned



In this photo taken on Saturday, Malaysian-born Ngeo Boon Lin, left, and his American partner Phineas Newborn III pour champagne during their wedding banquet in Kuala Lumpur, Malaysia. COURTESY Ngeo Boon Lin/THE ASSOCIATED PRESS

a gay arts festival, prosecuted a politician for sodomy and declared that homosexuality has no place in Malaysian society.

"We're thankful to be able to make Malaysian history here," Newborn said.

Ngeo, an ethnic Chinese

pastor who has lived mainly in the United States since 1998, attracted criticism from Malaysian officials and religious groups when he married Newborn, a Broadway musical producer, last August.

THE ASSOCIATED PRESS



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Mudslides, floods and storms wreak havoc across China

Lethal weather. Two typhoons contribute to litany of disasters, leaving scores trapped, uprooted or dead

Heavy rains that ravaged China over the weekend left at least 14 people dead and five missing, while hundreds of others were trapped by mudslides and floods, state media said Monday.

The official Xinhua News Agency said five were killed and one was missing in central China's Hubei province, where rainstorms and mudslides destroyed 512 houses and forced more than 180,000 residents from their homes. The rain was triggered by Typhoon Saola.

In northeast China's Liaoning province, Typhoon Damrey killed nine people and left four missing, Xinhua said.

Flooding from heavy rain also trapped about 400 work-



In this photo released by China's Xinhua News Agency, mud covers the landscape after a mudslide in Tiejia Village in Yunnan Province, in the country's southwest. Rescue workers searched for more than 100 people trapped by the mudslide. YANG JIANYONG/XINHUA/THE ASSOCIATED PRESS

ers in a railway tunnel in the province, the state-run China Daily newspaper reported.

In southwest China, rescue workers searched Monday for more than 100 people

trapped by a mudslide.

Xinhua said the mudslide engulfed a village in Yunnan province on Monday morning, initially trapping at least 200 people. It said fire-

fighters rescued more than 80 people by noon.

Mudslides and flooding are common in China's mountainous areas, killing hundreds of people

every year. Deforestation has caused soil erosion and made some parts of China prone to mudslides after strong rains.

THE ASSOCIATED PRESS

Nearly 2,000 detained

China cracks down on counterfeit drug trade

China's Ministry of Public Security says it has detained nearly 2,000 people in a nationwide crackdown on counterfeit drugs, including some to treat cancer.

It said in a statement on its website Sunday that it also seized about \$180 million worth of fake medicine and false trademark logos.

The statement said the fake drugs were sold for the treatment of hypertension, diabetes, skin diseases and other "complicated illnesses," including cancer.

China has struggled in recent years to combat the production and sale of fake drugs. The director of China's food and drug agency was executed in 2007 for approving deadly fake medicine in exchange for cash.

The government has introduced more regulations in recent years to tighten safety in its drug and food industries.

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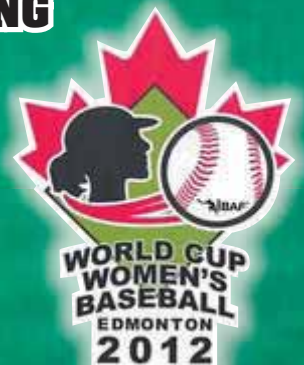
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Middle East. Egypt vows to go after Sinai militants

Egypt vowed Monday to take on Islamist militants who have turned the Sinai peninsula into a lawless haven and are suspected of killing 16 Egyptian troops as the fighters were en route to a failed assault on neighbouring Israel.

But the goal of reining in jihadists in Sinai is complicated by limits on military activity in the area under the 1979 peace treaty with Israel and by tensions between Egypt's Islamist President Mohammed Morsi and the country's powerful military.

Morsi pledged he would make the killers pay for their crime and would restore security to Sinai, home to several of the most popular Red Sea resorts in Egypt.

U.S. Defence Secretary Leon Panetta, who visited Egypt last week and met with its new leaders, said the U.S. had concerns about security threats in Sinai. Egypt has seen a sharp deterioration in security throughout the country since the uprising that ousted Hosni Mubarak in February 2011 and drove the hated police force from the streets. But even before the uprising, there was rampant

Quoted

"The group that staged this attack is considered by the armed forces as enemies of the nation who must be dealt with by force."

Egyptian military statement

lawlessness in Sinai.

The security problems stem from resentment among the native Bedouins over what they see as the police heavy-handedness and the lack of adequate government services. Security officials there say Islamists have forged alliances with disgruntled Bedouins.

Some Sinai Bedouins make a living out of growing illicit drugs, trafficking in black African migrants seeking a better life in Israel or supplying Gaza's merchants with goods through a network of secret tunnels running under the Egypt-Gaza border. A massive flow of smuggled arms from Libya are making their way into the hands of militant groups operating in Sinai.

THE ASSOCIATED PRESS



31 hurt in train derailment

Police officers stand in front of a derailed commuter train at the downtown Retiro station in Buenos Aires Monday. The train derailed on arrival, injuring 31 passengers and causing traffic chaos on the fourth day of a strike that has shut down subways in Argentina's capital. EDUARDO DI BAIA/THE ASSOCIATED PRESS

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Scientists get glimpse of Mars rover images

Touchdown. NASA's seventh landing a success after 'seven minutes of terror'

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

The arrival was an engineering tour de force, debuting never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

Cheers and applause echoed through the NASA Jet Propulsion Laboratory after signals from space indicated Curiosity had survived the plunge.

"Touchdown confirmed," said engineer Allen Chen. "We're safe on Mars."

It was NASA's seventh landing on Earth's neighbour; many attempts by the U.S. and other countries to zip past, circle or set down on Mars have gone awry.



Telecom engineer Peter Llott, centre, hugs a colleague to celebrate the successful landing of NASA's Mars Science Laboratory Curiosity rover inside the Spaceflight Operations Facility at the Jet Propulsion Laboratory in Pasadena, Calif., Sunday. BRIAN VAN DER BRUG/POOL/THE ASSOCIATED PRESS

In a Hollywood-style finish, cables delicately lowered the rover to the ground at a snail-paced 3.2 km/h. A video camera was set to capture the most dramatic moments.

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting \$2.5 billion, Curiosity is the priciest gamble yet, which scientists hope will pay off with a bonanza of discoveries and pave the way for astronaut landings.

THE ASSOCIATED PRESS



A scientist describes the first glimpses of Curiosity landing on the moon. Visit metronews.ca to watch the slideshow.

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer importation questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday. "What happened to Mars? How come it lost its



One of the first images taken by NASA's Curiosity rover after it landed. NASA/GETTY IMAGES

atmosphere? It's important to find out about that, since both planets, we believe, were similar."

Curiosity's built-in Ontario Alpha particle X-Ray Spectrometer, attached to a robotic arm, will play a key role in collecting data, Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

Quebec. Political party gives the boot to the Canadian beaver

Quoted

"The Quebec solidaire program is very clear on the fact that it's independentist."

Sound bite from new advertisement

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

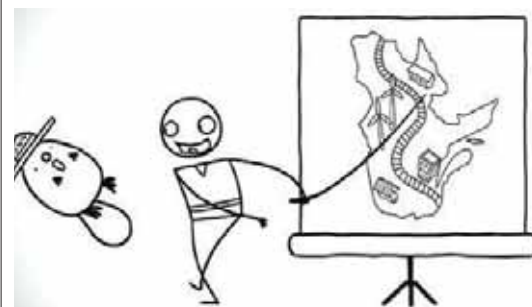
In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that

the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

THE CANADIAN PRESS



A stick figure kicks a stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HO

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From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO



Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag.
Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY

For Metro Canada in London, England

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palmieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella



Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's 'pub correspondent' Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 games in Calgary when I was 12 and I

was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford, Ont., said he loves that he's in London with fellow Canucks,

drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything

patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear, Canadian flags hang from the ceiling and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palmieri said

Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love

this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada vs. U.S. women's soccer game on Monday.

Although general manager Palmieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian food store that is popular with expats looking for a taste of home. The shop started as an Australian food shop and over the years added South African, New Zealand and Canadian items to its stock.

"Sometimes I go to the Canadian food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week Canadians have been rushing in here last minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343g): \$17.55
- Lay's chips (40g): \$2
- Cleary's Maple Syrup (250mL): \$12.70
- Cans of Molson Canadian: 1-\$3 6-\$16.40 24-\$58.50.

LAURA FORTEY/FOR METRO



Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO



The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Food prices could spike by 4% in 2013

U.S. drought. Economists predict extreme temperatures in the Midwest will affect food production on all levels

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients.

The coffee-and-doughnut chain said the price of a muffin is five cents higher, while



A drought-damaged ear of corn in Westfield, Ind., Wednesday.
MICHAEL CONROY/THE ASSOCIATED PRESS

sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

THE CANADIAN PRESS

Settlement. Exotic-wood violation gives Gibson Guitar the \$600,000 blues



Gibson Guitar CEO Henry Juskiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 photo.
SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS FILE

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a \$300,000 US penalty, forfeit claims to about \$262,000 worth of wood seized by federal agents and contribute \$50,000 to the National Fish and Wildlife Foundation to promote the conservation of protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to cooperate with the federal Lacey Act banning the import of endangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

THE ASSOCIATED PRESS

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Safety regulation

Don't drink and fly

Australia's air safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol.

The Civil Aviation Safety Authority said Monday the woman exceeded the limit for pilots of 0.02 per cent.

The blood-alcohol limit for driving in Australia is 0.05 per cent.

THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all of its shares he doesn't already own in a deal that values the company at \$8.84 billion US.

Schulze said he wants to pay between \$24 and \$26 per share for Best Buy.

THE ASSOCIATED PRESS

Helium shortage

Medical research up in the air

A dwindling supply of helium worldwide is putting more than the future of party balloons in jeopardy.

The precious, non-renewable gas has important applications related to manufacturing, scientific research and medical care — including cutting-edge research on respiratory illness at an Ontario laboratory. Grace Parraga, a professor and researcher at



Lee Medina, an employee at Dan D Party Corner in Cheyenne, Wyo.
THE ASSOCIATED PRESS

the Roberts Research Institute at the University of Western Ontario, said even at a discounted price for scientific research, her laboratory pays \$795 per litre.

THE CANADIAN PRESS



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LIVE FROM LONDON: KEEP CALM AND LINE UP



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses

in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

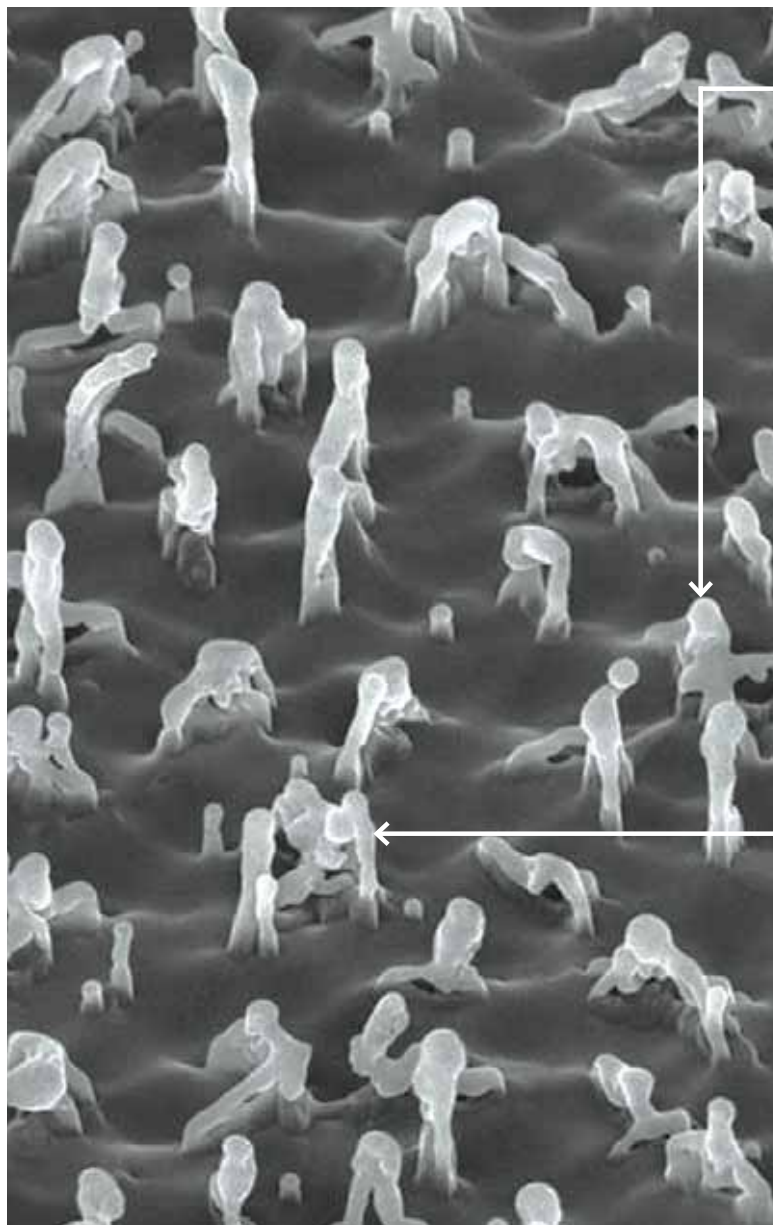
My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on
Twitter @MetroSheSays



A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). **METRO**

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

What the image actually depicts

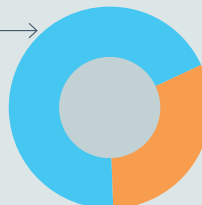
The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. **METRO**



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@morganpatzelt: Pondering why anyone would ever take the sky shuttle over ETS from the airport #yeg #saving-money #almosthome

@theleanover: Orange BMW license plate BF7-2909 on 109 st southbound from Whyte - you're driving like a mas-sive tool. Cut it out. #yeg #yegtraffic

@sarahmacdonald:

Something that might not survive the Toronto heat? That case of cod you shipped from the fish market to #yeg. #justsaying

@MikeyB0101: spent a lot of money and nearly baked to death, but Heritage Days was lots of fun, summer in #yeg ain't so bad

@CopperAvenger: Bye-bye #yeg it's been swell but it's time to head back to the Mac.

DVD reviews

Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of *The Lorax*, the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The *Lorax* presents a walled and tree-less place named Thneed-Ville, a synthetic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (*One Day in September*) canvasses every aspect of Marley's brief life. Everyone's heard from Rita and a couple of his former mistresses. PETER HOWELL



David Krumholtz and Michael Urie star in the TV series *Partners*, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.
New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' *Partners* explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is in-

spired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit *Will & Grace*.

There's no attempt to hide the lineage of Fox's *Ben & Kate*. It's the tale of a freewheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's *How to Live with Your Parents for the Rest of Your Life* finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia

Lonow, who well into adulthood and despite career success, including producing the sitcom *Less than Perfect*, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'"

"They reacted like any loving mother and stepfather would," Lonow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And

then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. *I Love Lucy*, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for *Ben and Kate* since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. 'He usually has a totally bizarre logic to all of his behaviour.'"

THE ASSOCIATED PRESS

2 SCENE

On the web



Wildlife fan Betty White loved *The Lorax*'s environmental message

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Cowboy Corb Lund changes his tune

Recorded collectively.
Bonus CD of acoustic tracks included to show band's versatility

Three years ago, Corb Lund began a long struggle to produce his seventh studio album.

"I was just hitting a wall after the sixth record," the 43-year-old country artist said in a recent interview. "I was really stumped for awhile."

For the first year and a half of the album-writing process, Lund spent time living in Las Vegas, New York City and Austin, Texas. He then retreated to the northern Alberta log cabin he built with his aunt and uncle. After he finished writing the songs, Lund brought them to a recording studio in Edmonton. His touring band, Corb Lund and the Hurtin' Albertans (bass player Kurt Ciesla, guitarist Grant Siemens and

Quoted

"I get bored easily. I try to make records interesting."

Corb Lund

drummer Brandy Valgardson) spent only two weeks recording the songs for the album, aptly named *Cabin Fever*.

"After being out there (in the cabin) by myself for a few weeks, you start to feel a little snicky," he says of the title.

The song recording followed a unique format. Lund and his band members had always recorded songs in layers, meaning each member plays their part and it gets recorded separately. But this time, Lund says they were tired of that and wanted to do something different.

"We did everything at the same time," he says of recording the songs together.

Cabin Fever features a second CD with the same songs as the first, but done completely in acoustics.

"I think it showcases a different side of the band," says Lund. "My guys are versatile and it helps display that."

Lund draws on inspiration for his lyrics through his family history. "My grandpas were ranchers and my dad's a cowboy too," he says. "They used to sing these old trail songs, these old ballads."

It wasn't long before Lund realized he could pick up his guitar and play these cowboy songs. Although this is where his inspiration comes from, Lund says there is no overall theme for the album.

"I get bored easily," he says. "I try to make records interesting."

Corb Lund and the Hurtin' Albertans will headline the Edmonton Folk Festival on August 12.

THE CANADIAN PRESS



Corb Lund relies on his Alberta cowboy roots for his musical inspiration. ALEXANDRA VALENTI/THE CANADIAN PRESS

McConaughey gets into the mind of killer cop

Killer Joe.

McConaughey admits he was initially 'disgusted' while reading the script for his latest film

NED EHRBAR

Metro World News in Hollywood

When Matthew McConaughey first read the script for his latest film, *Killer Joe*, he had a very immediate — and very nega-

tive — reaction.

"My first read, I was disgusted. I remember throwing it in the trash and going to take a shower and wishing I had a steel brush," the actor admits.

"And then I have some people that I work with whose opinion I really appreciate, and they had read it at the same time and I talked to them that afternoon, and they were in love with it."

While McConaughey admits he didn't see what they saw, he was persuaded to give the script

Texas tales

"Where we grew up, that's what dinner was — storytelling time."

Actor Matthew McConaughey says Texans are born storytellers. *Killer Joe* is yet another project set in his native Texas

— based on a play by Tracy Letts — another shot.

"They were laughing at the humour, and I was like I don't get what's funny," McConaughey remembers.

"I gave it two days and let it get out of my system, and I read it again and found myself sort of chuckling, and I had a few laughs, then I started really to see the hilarity in it. And then I met with (director William Friedkin) for an hour. He was so precise about what he wanted that's when I ... went to work on it."

McConaughey stars as the Joe of the title, a cold and calculating Dallas homicide detective who moonlights as a hired killer — a frosty menace.



Matthew McConaughey stars in *Killer Joe*. HANDOUT

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Miley Cyrus ALL PHOTOS GETTY IMAGES

Vintage ring all fiancé's idea, Cyrus says

Miley Cyrus says her impressive vintage engagement ring was all fiancé Liam Hemsworth's idea. "I had no input," she tells Marie Clare. "I saw it online at one point and thought it was really pretty. I just love that it's old and has a story. And I'm happy because it doesn't look like anything else I

wear." The 18-carat ring was hand-cut in the late 1800s. And it sounds like it will be the only thing on her finger for a while: "I don't really care about the wedding or the piece of paper as much as I do the promise we've made to each other," she says. "And we want to have a long engagement."



Prince William

Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading

they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Fighting words from Elton John

THE WORD
Monica Weymouth
scene@metronews.ca

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose

when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger —."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.



Robert Pattinson

Pattinson out of hiding

Robert Pattinson has come out of hiding, reportedly stepping out for the night this weekend with pals at a bar near Reese Witherspoon's ranch in Ojai, Calif, where he's apparently been laying low since news broke of girlfriend Kristen Stewart's infidelity, according to Us

Weekly.

Pattinson "seemed to be having an amazing time" having "a few drinks and laughs" with a group of male friends, a patron at the Deer Lodge bar says. "He looked like a guy that was trying to enjoy himself and get away. Seems like a good kid."

Another hit-and-run accusation against Bynes

Amanda Bynes is facing accusations of a fourth hit-and-run collision in as many months. According to TMZ, a Los Angeles woman claims Bynes rear-ended her and — after a brief conversation during which the actress "looked like a hot mess" — took off without exchanging insurance information. The

woman says Bynes "seemed nervous about" exchanging info and kept insisting the damage to the woman's car didn't look that bad. Bynes was arrested on suspicion of driving under the influence in April after she hit a sheriff's car, and she was allegedly involved in two hit-and-run incidents in May.

Twitter



@wossy

Am playing a drinking game called Ring of Fire. With my children. I am the posmaster.



@jessicaalba

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You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

On the Web



Study describes genetic events that lead to malignant childhood brain cancers

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts

can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata dis-

covered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)

- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.

- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

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Lasagna gets all rolled up



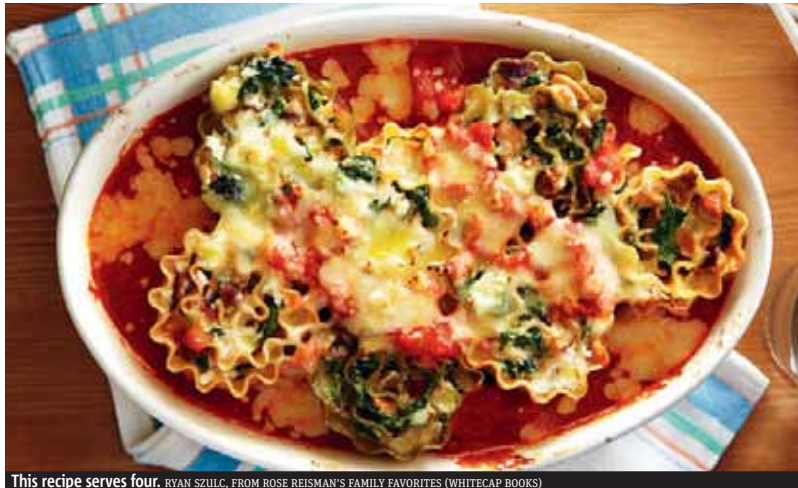
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Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.
2. Bring pot of water to boil. Add lasagna noodles and cook

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and

allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4

cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Teens schooled on ending relationships

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a \$1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the \$18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that



When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipu-

late the other. There's also the risk of a physically dangerous confrontation.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were

victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

Other teens talked about breaking up by sending a text message, or being on the receiving end of one.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship.

They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive. THE ASSOCIATED PRESS

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The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and specu-

tors piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real estate

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

You've got high hopes to retire early, so pick it up



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one, does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us.

On the flip side, however, our gener-

ation struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on.

If you're budget is maxed, start small — I challenge you to save \$1 per day.

I was holidaying in Victoria and Vancouver last

week and over brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had become.

Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly \$400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your \$1 per day.

Then grow your savings into something more substantial every few months. For example, \$1 per day might turn into

More Fun and Frugal

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\$5 per day if you start couponing for groceries, carpooling and renting out your spare room.

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP and TFSA. Regular automatic contributions will ensure you don't skip out on savings.

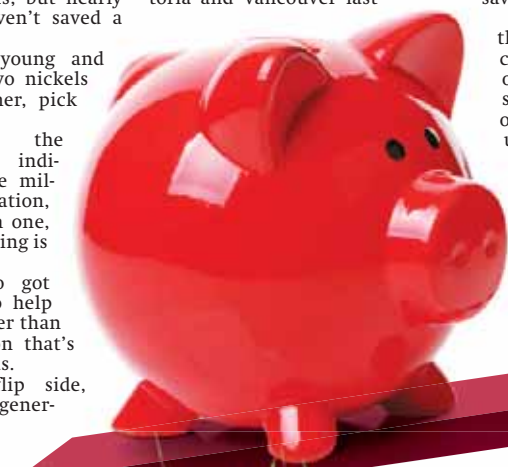
Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results.

Forming healthy savings habits early on will ensure you've got enough



Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES

dough to retire on and support a desirable lifestyle; one defined and created by you.





Now anybody can help raise money for a cause using the crowdfunding strategy. iSTOCK IMAGES

Crowdfunding trend thrust into spotlight by Canadian campaigns

Charities. Internet-based fundraising is still a relatively new phenomenon

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than \$700,000, far surpassing Sidorov's original target of \$5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step by avoiding charities, and gets money directly from

a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto.

"If you're using crowdfunding, the moment the money is out of your bank account, you've lost all control of it," said Ken Wyman.

Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being

raised for a single person who doesn't really need it or know what to do with it in a world where 700,000 dollars could save many

lives," Wyman said.

Canadian-born filmmaker Amber Fares has raised more than \$26,000 on Indiegogo to fund her first feature-length film *Speed Sisters: Racing in Palestine*, and Toronto-based burlesque troupe *Les Coquettes* has raised almost \$3,000 to support touring and production over the next two years.

THE CANADIAN PRESS



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Fehr says NHLPA close to making counter proposal

NHL. Head of players' union has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each

Information exchange

The current CBA is scheduled to expire Sept. 15. A request to the NHL seeking comment about the status of talks wasn't immediately returned.

- After receiving the NHL's initial proposal, the union requested audited financial statements from all 30 teams and ended up being delivered some 76,000 pages of information last week. Soon after, Fehr departed for Europe to meet with players.

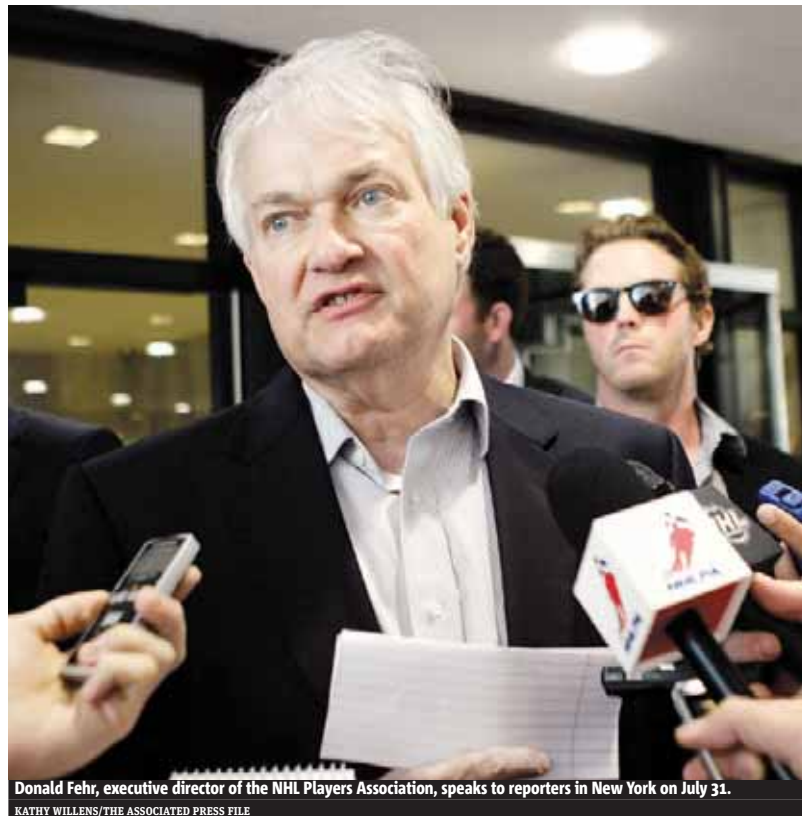
season drop from 57 to 43.

The league and union are scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

The main topic of discussion has been the negotiations, which have been underway for more than six weeks.

THE CANADIAN PRESS



Donald Fehr, executive director of the NHL Players Association, speaks to reporters in New York on July 31.

KATHY WILLENS/THE ASSOCIATED PRESS FILE

Canada's Polansky ousted in Toronto



Peter Polansky returns the ball against Matthew Ebdon during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from of Thornhill, Ont., as Australian Matthew Ebdon stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wild-card entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set

as Ebdon, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebdon will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

Mobile sports



Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

CFL

B.C.'s backup QB plays hero in win over Argonauts

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions' short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside.

THE CANADIAN PRESS



Argos quarterback Ricky Ray, left, is sacked by Lions defensive tackle Jabar Westerman on Monday.

CHRIS YOUNG/THE CANADIAN PRESS

MLB

Verlander hits new strikeout high

Justin Verlander matched a career high with 14 strikeouts and got home-run support from Prince Fielder and Miguel Cabrera, leading the Detroit Tigers over the New York Yankees 7-2 Monday night.

THE ASSOCIATED PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.



Last-gasp goal by U.S. ends Canadians' dream of gold

Womens' soccer.

Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heart-break once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free kick outside the Canadian box

Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

by Norwegian referee Christana Pedersen when McLeod was whistled for holding the ball for more than six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said. "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

"Christine, to come and score a hat trick of a semifinal of an Olympic Games against our biggest rivals and not to come away with something ... there's something that isn't right about it," Herdman said.

THE CANADIAN PRESS



Christine Sinclair, right, moves the ball against Tobin Heath Monday in Manchester. MIKE RIDWOOD/THE CANADIAN PRESS/HO

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS



Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch



Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans. Time: 7 a.m. Channel: TSN

Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games. Time: 9 a.m. Channel: TSN



Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.

Time: 10 a.m. Channel: TSN THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after re-



Jessica Zelinka. THE CANADIAN PRESS FILE

turning to competition.

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and

Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

tomorrow, keep it going even more," said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97 while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

THE CANADIAN PRESS

Van Koeeverden sails through semis

Kayak. Kayaker in pursuit of his fourth Olympic medal in Wednesday's eight-man final

It looks like all systems are go for Adam van Koeeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeeverden dismissed the suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking



Adam van Koeeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday. THE ASSOCIATED PRESS

Quoted

"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"

Olympic kayaker Adam van Koeeverden

in the field, including two-time world champion Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Other finalists include Sweden's Anders Gustafsson,

a van Koeeverden training partner who is two-time runner-up at the worlds; Norway's Eirik Veras Larsen, an Olympic silver medalist in 2008 and gold medalist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeeverden. "I just want to race fast."

THE CANADIAN PRESS

Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	1	3	6	10
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phyllicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerf, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 57.9 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

Men's 91+kg — Simon Keon, Trois-Rivières, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Ko-

everden, Oakville, Ont., won his semifinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Rivière-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6

At Wembley, England

Japan 2, France 1

At Manchester, England

United States 4, Canada 3, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9

At Coventry, England

France vs. Canada, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9

At Wembley, England

Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada 1 2 0 0-3

United States 0 3 0 1-4

First Half—1, Canada, C.Sinclair, 22.

Second Half—2, United States, M.Rapinoe, 54.

3, Canada, C.Sinclair, 67, 4, United States,

M.Rapinoe, 70, 5, Canada, C.Sinclair, 73, 6,

United States, A.Wambach, 80 (PK).

First Extra Time—None.

Second Extra Time—7, United States, A.Morgan, 120+3.

Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.

Red Cards—None.

Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojic, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A

Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B

Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6

Australia 82, Russia 80

Lithuania 76, Tunisia 63

France 79, Nigeria 73

Britain 90, China 82

Brazil 88, Spain 82

United States 126, Argentina 97



Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

Doping

Italy's Schwazer won't get chance to defend title

Defending Olympic 50k race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer

tested positive for doping and has been removed from the team.

CONI president Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Earlier Monday, the team said an unidentified athlete had failed a doping test conducted for the World Anti-Doping Agency before arriving in London.

THE ASSOCIATED PRESS



Bolt unhappy with 'weird' security measures



Jamaica's Usain Bolt celebrates winning the men's 100-metre sprint on Sunday night in London. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Apparently being the fastest man on Earth doesn't get you through security any quicker at the Olympics. There's no cutting the line for Usain Bolt.

And the Olympic champion is not happy about it. Especially when the security guards held him up ahead of his marquee 100-metre event.

"I was in the line, we were waiting to run and the guy was telling me to line up straight," Bolt said early Monday. "I was like, 'Really? We're about to run and they are going to make me stand in a straight line?'"

The track star even had

Quoted

"It's just some weird small rules that don't make any sense to me, personally."

Olympic gold medal-winner Usain Bolt on his trouble with Olympic Games security.

trouble bringing his skipping rope past security.

"They said I can't bring it in, and I asked, 'Why?'" Bolt recalled. "They just said, 'It is the rules.' So if I have a rubber band that I need to stretch, I can't take it in. And when I asked why, they say, 'It's just the rules.'"

"It's just some weird small rules that don't make any sense to me, personally."

Security has been the only major problem area for Games organizers. Thousands of soldiers, sailors and air-force personnel had to be drafted to plug the gaps left by the failure by private security contractor G4S to supply all the guards it had promised. It is mainly G4S guards manning entry and exit points.

"Every venue is different.

Wherever it happens to be in the world, there are different protocols in most places," London organizing committee chairman Sebastian Coe said. "That's the nature of it."

But there will be an investigation into Bolt's frustrations, which Coe initially tried to claim had been "lost in the translation."

"I will look at this," Coe said. "I am presuming the skipping rope was there as a warm-up aid, so I will, of course, look at that."

Coe pointed out the bureaucracy that baffled Bolt "didn't seem to slow him up too much."

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Horoscopes

Aries

March 21 - April 20

Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

Taurus

April 21 - May 21

Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

Gemini

May 22 - June 21

As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

Cancer

June 22 - July 23

With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

Leo

July 24 - Aug. 23

The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

Virgo

Aug. 24 - Sept. 23

You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

Libra

Sept. 24 - Oct. 23

Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

Scorpio

Oct. 24 - Nov. 22

If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

Sagittarius

Nov. 23 - Dec. 21

You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

Capricorn

Dec. 22 - Jan. 20

Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

Aquarius

Jan. 21 - Feb. 19

For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

Pisces

Feb. 20 - March 20

In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

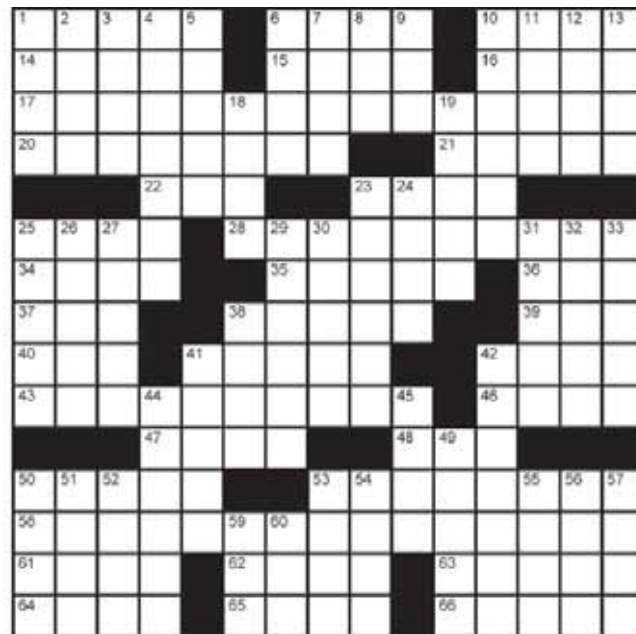
Across

- Action words
- Alta. neighbor
- Lost seaworthiness
- Abraham's son
- Lhasa ____ : small dog
- Bassoon relative
- Victoria's location (2 wds.)
- Wrote (a book)
- List items
- Any of 43-Across: abbr.
- "Mmm-hmm" (2 wds.)
- ____ *La Douce*: 1963 Lemmon-Maclaine film
- Calgary team
- Anon
- Show contempt for, as a contract (2 wds.)
- Clean the kitchen floor
- Solo of *Star Wars*
- Continue without a break (2 wds.)
- Oriental sash
- Halloween mo.
- Pursuits of good reporters
- "I have ____ good authority" (2 wds.)
- They form the Alberta-BC border (2 wds.)
- Aerialist precautions
- For Your ____ Only
- Here: Fr.
- Barracks boss, briefly
- Ottawa team
- Alberta, Saskatchewan, or BC (2 wds.)
- Has ____ with: is connected (2 wds.)
- Fast-moving sport jai ____
- ____ Joe's": diner

- invitation (2 wds.)
- Pop
- Iditarod's Alaska terminus
- Be careless with a bucket

Down

- ____ *Las Vegas*: 1964 Elvis movie
- Biblical Jacob's brother
- Angry outburst
- Winnipeg's Randy ____ : cofounder of 1970s rock band familiarly called BTO
- "Get out of here!"
- Computer menu selection
- Copied
- Letters that once designated Soviet republics
- Goldfish cousin in backyard ponds
- Flew alone, perhaps for the first time
- "I've got ____ feeling about this!" (2 wds.)
- "That's a ____!" (taboo)
- Sneakers brand
- Banquet coffeepots
- At quite an incline
- "I hate to ____ on you, but ..." (ask a lot of)
- Created a web or a tale
- ____ the Sheriff" (2 wds.)
- Disliked insect
- ____ Carlo: Monaco's



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- capital
- Semis
- ____ a stinker?": Bugs Bunny line (2 wds.)
- Overact
- Automaton
- PR interpretations
- 100-metre dash, e.g.
- Hotel lobby
- First letter
- Saskatchewan's capital

- Comb. form for China, as in ____-Soviet
- Bat lairs
- Aromatherapy spots
- Florence's river
- Weapon to combat 26-Down
- Unwanted email
- Great Lake
- Having knowledge of
- Some TVs

- Actor Green of Austin Powers movies or Adam's third son
- Bond creator Fleming
- "Evil Woman" group, briefly

Friday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY



MAX: 27°
MIN: 16°

WEDNESDAY



MAX: 30°
MIN: 17°

THURSDAY



MAX: 24°
MIN: 11°



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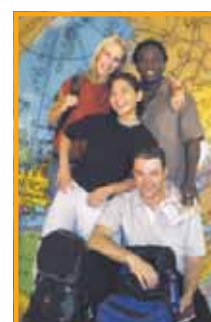
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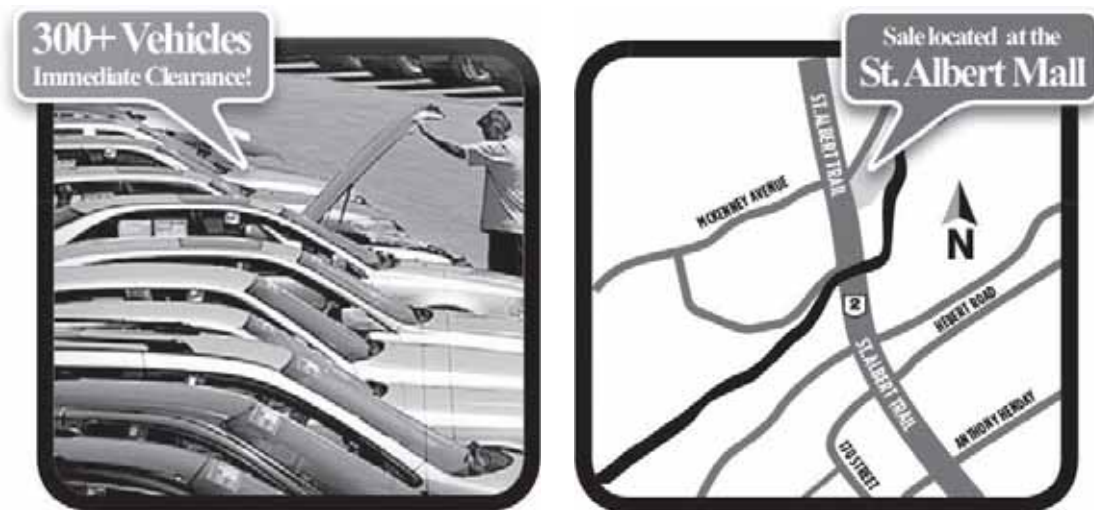
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